

# KILLARNEY TELECOMMUNICATIONS LTD

NEWSLETTER JANUARY 2010

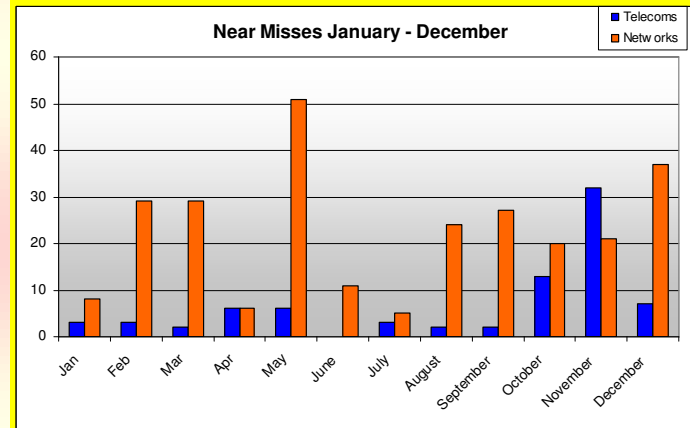
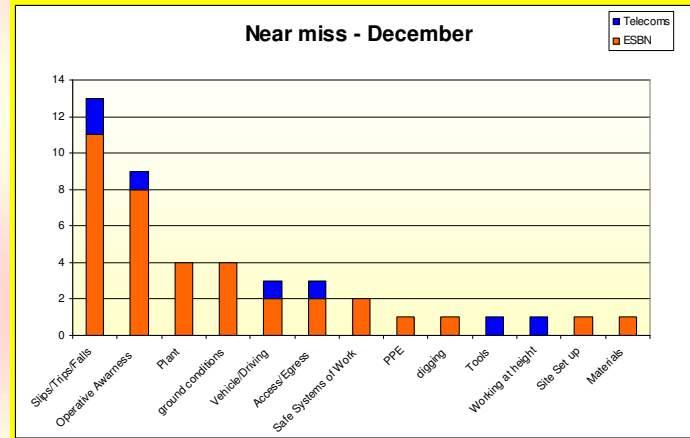
**Accidents - December Total = 0**

**Incidents December Total = 0**

**Medical - December Total = 0**

**Near Misses - December Total = 44**

- While removing Harris fencing, operative stumbled on a rock and nearly fell
- Strap loosened on the load being hauled by the tractor
- Operative slipped on the concrete within the hole, it was cleaned off afterwards to gain more grip for the operatives.
- Ice was present on the tracks of the excavator, the operative could have slipped.
- While taking levels of the pylon base, the banks of the excavation collapsed a little. Possibly someone could have been working in the area of the collapse.
- Head came of sledge hammer while driving posts, operative could have been hit.
- Cattle knocked down the goal posts while scratching against them,
- While inserting the quick release hydraulic fitting for the hammer into the track machine, a burst of oil sprayed out and startled the operative, causing him to fall on the ground.
- While travelling to site an operative skidded on the ice one meter passed the junction white line, operative got a fright realising the consequences of what could have happened if a car was coming.
- Signage was dirty along the n17 road, signage needs to be clean for visibility.
- Safety line not set up on rooftop. Van left open to public
- When Tirforing sections together tirfor snapped and wire rope released and nearly struck operatives arm
- Access to the roof via ladder and hatch. When climbing the ladder operative hit his knee off a step.
- As I was reversing out of the sports ground I nearly hit a member of the public walking his dog
- Kubota excavator reversing Camera wire broke. Driver not able to see sufficiently behind him,
- Pipe in 13T machine burst hydraulic oil could have leaked out –
- Whilst walking into substation building to print out site document operative nearly slipped on ice
- Water Pipe damaged leading into the site which created a muddy spot where the site plant could have got stuck
- Operative carrying 2mtr level accidentally hit another operative whilst walking past
- Conditions on site becoming very cold and icy with heavy snow van skidded on bend at entrance to site
- Operative tripped over tools left in access route
- When taking down steel rods from the van roof top, an operative tripped on the rope that was holding the rods in place
- While fixing steel operative slipped at entrance steps and could have been hurt if rebar had not been protected
- Operative tripped over setting out line
- Operative walking beside the canteen noticed one of the window covers was opened out could have been injured if wind caught the cover
- Operative slipped on steps leading to excavation
- Operatives chin strap broke as he was bending down
- spirit level was left on edge and dropped a height of 1.8 m when the wind caught it
- Operative was walking across the shuttering when he slipped on ice, regained balance before falling



## Training courses in December/January

Date	Course	No. of attendees
1 Dec	Mast Climbing Refresher	2
11 Dec	Underground services	4
4 Dec	CIE	2
21 Dec	Emergency First Aid	10
22 Dec	Abrasive Wheels	6
7 Jan 2010	Advance Climbing	1
8 & 15 Jan	CIE	4
29 Jan	Mast Rescue	8

If you know that any of your trainings are running out of date, or you know that there is a training you would like to do – **Please let Iwona know!**

## Toolbox talks – December and January:

- Driving during thaw
- Construction safety in freezing weather conditions

## RSA Renews Appeal For Road Users to Remain Vigilant During Thaw

The Road Safety Authority (RSA) has today, Wednesday 13th January 2010, renewed its appeal for road users to **remain vigilant on the roads** as the snow and ice begins to thaw this week.

## Safety Audits Summary

AUDIT FINDINGS SUMMARY	Q1 2009	Q2 2009	Q3 2009	Q4 2009	Total	
Number of staff audited	336	609	330	578	1853	Compared to 2008 the number of audits in 2009 has increased by 35%, which means 212 audits more in 2009 than 2008. With the increasing number of audits the number of sites has increased as well by nearly 33%. This is a sign that we are not only auditing more, but also we are dealing with problems.
Number of Audits	117	221	203	278	819	
All in Order	63	137	112	79	391	
<b>Civil Works</b> - Edge Protection, Excavations, Work Permits, Rebar, Scaffolding, Opes, Ducts, Confined Spaces, Storage, Guarding	5	2	2	4	13	
<b>Site Organisation</b> - Site Supervisor role/control, TBCS, Method Statement, Risk Assessment, Housekeeping, Signage, Training/Certification, PPE, Induction, Parking, Hazard Mgmt, Access/Egress, Roping off/Barriers	52	45	88	140	325	
<b>Work Methods</b> - Pulling, Lifting, Cutting, Concreting, Hammering, Drilling, Erecting, Carrying, Manual Handling	0	3	7	3	13	
<b>Working at Height</b> - Climbing, Harness, Exclusion Zone, Tool Bags, Fall arrest equipment, Edge Protection	1	4	6	16	27	
<b>Electrical</b> - Earthing, Close Proximity, Stay Wires, Goal Posts	1	0	0	0	1	
<b>Tools/Machinery</b> - Hand tools, Plant, Slings, Pull Lifts, Colour Codes, SWL, Certification, Check valves, Leads, Drills, Restrictions, Transport	10	27	18	20	75	

Road users were also urged to take extra care in parts of the country that have been affected by flooding, particularly in the morning period when there is a danger that it may have frozen overnight. This can lead to dangerous driving conditions with 'black ice' making driving extremely hazardous.

Mr. Noel Brett, Chief Executive Officer, RSA said "There is a danger that road users and particularly motorists may be lulled into a false sense of security as the conditions improve. As well as the obvious danger from lingering patches of snow and ice in sheltered areas, the roads during the thaw will pose an additional set of challenges to road users."

"Specifically motorists need to be aware that the roads will be wet or indeed flooded, increasing the risk of aquaplaning. In addition a build up of grit residue, which has been used in combination with salt, may remain on roads for a few days after the thaw and given the volumes spread, drivers should be aware of the risk of skidding on grit. This is especially true on bends and in the centre of the road where a build up of grit will occur." He said.

The RSA has the following advice for road users:

- Remember that there may still be black ice lingering in sheltered spots and on bends and corners.
- Be aware of the risk of thawing ice and slush build up at road sides. Visibility will be reduced as spray from vehicles is thrown onto the windscreen of your vehicle. Keep an extra distance from the vehicle in front, especially goods vehicles, and ensure that your windshield washer is full. Keep your lights clear of grime and dirt.
- Slow down as there may also be localized flooding as the thaw starts and this will increase the risk of aquaplaning.

- Road surfaces may be damaged after the freeze / thaw action of the frost and ice. Motorists, especially cyclists and motorcyclists are advised to watch carefully for such hazards.
- Motorists are asked to allow extra distance when passing cyclists and motorcyclists as they may have to take evasive action to avoid a hazard such as black ice or a pot-hole.
- Slow down, keep an extra distance from the vehicle in front and expect the unexpected.
- Road users, especially pedestrian's and cyclists should be aware of overhead hazards. Melting snow and ice falling from buildings and trees pose a serious risk. Be aware of what's happening above you and stay clear from the edges of buildings.
- Slush, sand, grit, and ice-melting chemicals, as well as splattering all over windshields, also accumulates on the underside of cars, and accelerate corrosion. Wash your vehicle, particularly windscreens and lights. To minimise corrosion to your vehicle it is advisable to have the underside and wheel arches power washed/sprayed at a car wash.

### Safety Alerts

**All Road signage to be kept clean to ensure visibility for all road users**

**Be extremely careful when driving in cold, icy condition, be aware that roads can get very slippery overnight and in the evenings**

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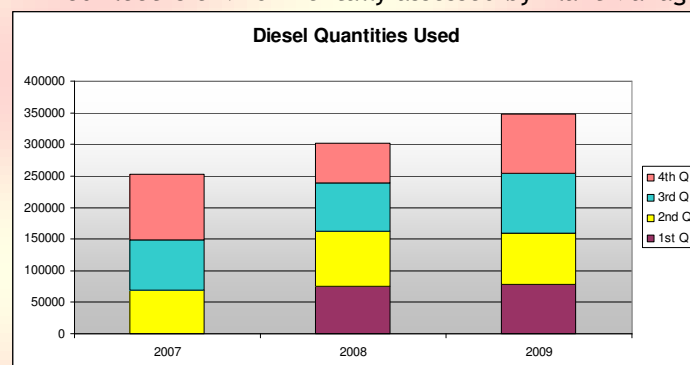
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## Environmental Summary

As usual, with the fall of 2009 it is time for Environmental review. It has been nearly a year since we have been awarded with ISO 14001 and about 2 years since we have set out our environmental measures and started working on them. Here are some statistics on our environmental measures for last year.

**Diesel** - we have used 15% more diesel in 2009 than in 2008.

The reasons for this are: more projects in second half of the year, which means more traveling; also, 12 additional vehicles had to be hired in second half of the year to ensure that our new employees had transportation. All hired fleet is environmentally assessed by Plant Manager.



**Electricity** - Energy usage in 2009 has increased by 6.6% compared to year 2008. This is partly caused by the new part of the office, which needs to be lit up and heated, as well as more people working in the office on daily basis - this means more printing, more laptops. Also, cold winter means that the air conditioning is used to heat up the offices on daily basis. On the other hand we must remember to switch our PCs and laptops off, turn off the lights and printer when leaving the office in the evening.

**Gas** - it is used only for heating up water and the office. In 2009 we have reduced usage of gas by 3.9%. The most reasonable explanation is that we have set the boiler to slightly lower temperature as advised by SEI and even though we have been heating the office more, it has reduced the usage of gas.

**Waste** - The general waste in the yard and in the office has totaled at 63 tonnes in 2009. We have recycled over 46t of timber, 16.7t of metal, 4t of cardboard bales and 2.6t of cables. These numbers are higher in comparison to 2008, which is good in case of the recyclables, however 45% increase in tonnage of general waste is very substantial and will require very close monitoring through 2010, which will be one of our objectives for this year.

**Paper** - We have used nearly 1.6 tonnes of paper in 2009.

	2008	2009	%change
Quantity A4 (rems)	565	505	-10.62%
Value (EUR)	1469	1296.5	-11.74%
Quantity A3 (rems)	33	67	103.03%
Value (EUR)	328.8	481.06	46.31%

Table above shows that we have reduced usage of A4 paper and in the same time we've started using more A3 paper. The reason might be that we are e-mailing more H&S documents to the crews, but also we are printing more drawings and completion documentation on A3 sheets. The good news is that we have shredded 77% of the paper we have bought in, which is a bit better than last year.

We still need to work on it - trying to get back from sites and recycle as much paper as we can.

**CO2** - We are measuring CO2 emissions from Diesel, Gas Heating and Electricity. In 2009 we have produced 967 tonnes of CO2 which is 15% increase comparing to 2008. The CO2 quantities are derivatives of the quantities of diesel, gas and electricity used, so increase of usage of them will mean increase in CO2 emissions. Please see the table below.

CO2 Emissions in tonnes	2008	2009	%
Transport	811.86	934.32	15%
Gas Heating	3.14	3.02	-4%
Electricity	28.08	29.93	7%
Total	843.08	967.26	15%

## 43 die in workplace accidents in 2009 (Safety Brief)

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Forty-three people died in workplace accidents last year, the lowest level in 20 years. New figures from the Health and Safety Authority show the Agriculture and Construction sectors accounted for the largest number of fatalities.

Ten people died in farming-related incidents in 2009 - half the previous year's figure - while 10 people lost their lives in building site accidents, down from 15 in 2008.

**2009 vs 2008**

**Reduction in 14 Fatal Accidents Total**

**Reduction in 5 fatal accidents in construction**

Economic sector	2008	2009
Agriculture, hunting, forestry	21	11
Fishing	1	2
Mining and quarrying	1	2
Manufacturing	6	1
Electricity; gas, steam and air conditioning	0	0
Water supply, sewerage, waste management	2	0
Construction	15	10
Wholesale and retail trade; repair of motor	3	2
Accommodation and food service activities	0	1
Transportation and storage	3	6
Information and communication	0	0
Financial and insurance activities	0	0
Real estate activities	0	0
Professional, scientific and technical activities	1	1
Administrative and support service activities	0	1
Public administration and defence; compulsory	1	2
Education	0	2
Human health and social work activities	0	1
Arts, entertainment and recreation	1	0
Other service activities	2	1
<b>Total</b>	<b>57</b>	<b>43</b>

## CONSTRUCTION SAFETY IN FREEZING WEATHER CONDITIONS (HSA)

Due to the current freezing temperatures construction work is now even more hazardous than normal. When the body is unable to warm itself, cold related stress may result. Four factors contribute to cold stress: cold air temperatures, high velocity air movement, dampness of the air and contact with cold water or surfaces. A cold environment forces the body to work harder to maintain its temperature. Cold air, water, and snow all draw heat from the body. Wind chill is the combination of air temperature and wind speed.

Risk Assessments need to be reviewed as extreme low temperatures greatly change and usually increase the risks associated with most external construction work. The following areas of work are particularly adversely affected by extreme cold conditions:

- Work at Height – work at height platforms, roofwork, etc. will all become more hazardous if ice or snow are on them. The risks of falls from heights are increased as the risk of slips, etc. is greatly increased. This type of work should only be undertaken if absolutely necessary and sufficient additional controls are put in place. For example – full check of all platforms and fall/edge protection, de-icing of work platforms, etc.
- Slips, Trips & Falls – the risk of these are greatly increased due to icy conditions. Walkways should be cleared of ice and snow with regular gritting/ salting. Ensure hoses, etc. aren't left running in areas as the excess water will freeze and cause a further slip hazard.
- Construction plant operation –
- Caution must be exercised when accessing or egressing from construction plant as access steps and hand hold surfaces may be covered in ice.
- wheel grip could be compromised and control of vehicles could be lost
- Welfare Facilities – arrangements must be in place to provide adequate welfare facilities, especially an area where workers can go to warm up, change/dry clothes and get hot beverages.

**The following should be noted when risk assessing and planning for construction work in extreme cold temperatures.**

**Cold Temperature Exposures, Injuries, and Controls on the Jobsite**

1. **Wearing the proper clothes / PPE** may be the most significant precaution to reducing cold stress. Wearing appropriate clothes for cold weather usually involves using three or more layers of clothing. Also use layering to protect the head, hands and feet.
2. **Drink plenty of fluids**, preferably warm, sweet beverages. Thirst is suppressed in a cold environment and dehydration may occur when fluid intake is reduced.
3. **Increase caloric intake** when working in cold environments. Workers in cold environments who wear heavy, protective clothing expend more heat and so require 10-15 percent more calories.
4. **If required, a work warm-up schedule** should be used to provide periodic times for warm-up breaks. Additional breaks should be provided as the wind velocity increases and/or the temperature drops.
5. **Avoid the cold** if you are becoming exhausted or immobilised. These conditions can accelerate the effects of cold weather.
6. **Engineering controls can be effective** such as using heaters in areas, where practical, shielding work areas from winds and drafts, using insulating material on equipment handles, especially metal handles, etc.
7. **Select the warmest hours of the day, where possible**, when braving the cold. Minimise activities that reduce circulation.
8. **Use the buddy system.** Work in pairs when working in extreme weather conditions so partners can monitor one another and obtain help quickly in an emergency.

## Safety Seminars 2009

Our Safety Seminars took place on 21<sup>st</sup> and 22<sup>nd</sup> of December 2009 for the Networks crew and on 16<sup>th</sup> January 2010 for Telecoms crews. During them the participants attended trainings (First Aid, Abrasive Wheels, Safety in Excavations, Road Safety) and presentations. All vehicles were inspected as well as Slings, Shackles, Talfors, chains, etc. Also Harnesses and climbing Equipment was inspected.

## Adverse weather conditions - parking when ice or snow is present

Seamus Walsh ESBN

A near miss occurred yesterday 12/01/10, involving icy conditions and an unoccupied ESBN van.

Although the hand-brake was applied by the NT when he got out of the vehicle, it then slid forward and hit the gate. "My van, which I had parked and exited to unlock the gate, slid forward on the ice narrowly missing me, and crashed into the station gate, which was still closed. The locking mechanism on the gate was damaged by the impact of the van which pushed the gate forward."

It was very fortunate that the NT was not caught between the gate and the van when it slid forward.

Another staff member, in a different part of the country, reported a similar incident outside his house yesterday morning 12/01/10, involving a private vehicle.

The car was parked on a slope, with the handbrake on and in first gear. When he went out the next morning, he found that the car had slid backwards about 6 feet. There was no injury or damage to other cars.

In discussion with colleagues locally, that staff member discovered that a number of similar incidents occurred in his area over the weekend.

Be very careful when parking. In particular, try to avoid parking on slopes when ice or snow is present if possible.

## Haiti Appeal Raffle

**A big THANK YOU to everyone who contributed to the raffle over last few days. We have managed to raise €900 which will be doubled by KTL to give us a generous donation of €1800 to send to the Haiti Appeal. Well done everyone!**

1<sup>st</sup> prize – Luxury hamper – Fiona Mynes -Congratulations!

2<sup>nd</sup> prize – bottle of Bacardi – Stephen Reilly

3<sup>rd</sup> prize – bottle of Faustino Wine – John Duane

Thanks also to John and Stephen for passing on their prizes to Annmarie for her own fundraising efforts.

Annmarie, Ross and David of KTL are planning to answer the Haiti appeal and be part of the volunteer troops there to help those who need it most after the recent disaster.

They will be organizing fundraising events soon and we will have information about them here. It is worth to mention that last year 3 of our employees were in Haiti to build houses as part of the Haven Charity Project.